

HARPER CENTER BULLETIN

Harper Center Bulletin #212

July 1st, 2012

JULY 2012 NEWSLETTER

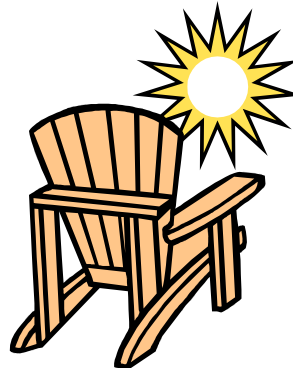
OK, so here comes the heat. OK, never mind, here comes more heat. And speaking of heat, the Miami Heat are the NBA Champions and they had to go thru my New York Knicks and your Celtics to get there. Congratulations to them...I think!

I digress. I read an article yesterday which says that the water level on the Atlantic Coast between Cape Hatteras N.C. and just north of Boston has increased by a couple inches which will mean potentially more flooding opportunities in coastal areas. Now what do you think is causing all this? Maybe melting ice caps? And what caused that? Here we go, everybody at once -Global Warming! Who still doesn't believe it? Huh?

Anyway, it has seemed to be warmer, which doesn't bother me, never the less, we know what to do in warmer weather right? Drink plenty of fluids, and before you're actually thirsty, don't worry about your bladder, you'll lose more fluid thru perspiration than anything else. Try to stay out of the heat as much as feasible, work at a moderate pace, rest before you are tired. Please wear sunscreen...

You know the drill right? Be careful in the heat! We'll be talking a little more formally about this topic in a few days but that's another story.

Enjoy the summer!



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The Williamstown Council on Aging lives in the construction site at the Harper Center at 118 Church Street in Williamstown. You can call us at 458.8250, fax to 458.5156 or email to

bogrady@williamstown.net

We're open for business from Monday thru Friday, 8:00 a.m. to 4:00 p.m. and Sundays at 11:00 for lunch.

We've been providing quality services to Williamstown elders since 1966

HARPER RENOVATIONS...

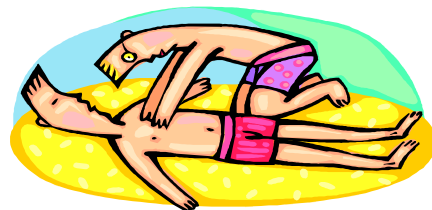
We'll be into it in July for sure. I'm adding this particular note, without the actual start date because, well, you all know what happens if we don't get the newsletter out on time...OK, moving on, I'm told that we won't see much of the air conditioning people because they want to work early before it gets hot, and a lot of what they do will be out of sight in the attic. The rest of the renovations will involve all the large glass in and walls surrounding it throughout the building. There will certainly be program disruptions. This will likely be a noisy process. And possibly dusty. While I do not have an actual schedule devised yet, I can tell you that we will preserve the exercise, Tai Chi and lunch programs in time as much as possible. Other program changes will be addressed as soon as I have details. There may be temporary suspensions of programs or relocations elsewhere. Remember that it's all in a good cause and really folks—sorry for the inconvenience!

CPR TRAINING

OK, here we go again. CPR training. for the masses will be held here, somewhere in the Harper Center, on Friday the thirteenth of July at High Noon. I'm saying somewhere because, well, you know that there may well be disruptions on that date because of all the stuff which may be happening around the Center about then...

Anyway, we all know why we offer CPR classes and we know that life is precious and if any of us have an opportunity to learn how to save someone's, we should. I learned and actually used part of that training on one occasion right here at Harper a few years ago. Some of you may have been present on that day.

Oh, I know, nobody wants to do it because the opportunity to actually use those skills would immediately arise and then you'd have to do something. Yes, I get it, that could be a scary time for anybody and there is that persistent fear that you may do something wrong. I would be more afraid that there would be other consequences and actually, the life you can potentially save could be someone near and dear.



Anyway, this latest class is largely sponsored thru a Helping Hands grant from the First Congregational Church of Williamstown. The cost for the class to participants is a big fat ten bucks. And yes, it is on Friday the thirteenth. Who knows, if you don't take the class, you may need the training on the next day...

FARMERS MARKET COUPONS

Ah yes, the annual Farmers Market coupon dance. The time has arrived. I just spoke with our friends at Elder Services and they tell me that they will be here on Monday July 30th at 10:30 to dispense the coupons. It will work in the same format we have used in the last couple of years, first come, first serve...Eligibility criteria includes 60 years old or older, income eligibility status-I guess anyone living in a subsidized housing situation is eligible, Masshealth or SSI recipients too. The coupons are worth \$25 each and, unfortunately, the number available to us has been significantly reduced-there will be only 15 individuals who can get them this year. Apparently there have been budget cuts somewhere in Boston...



So, the coupons will be dispensed first come, first serve. You can call Elder Services at 499-0524 and ask the I and R department to send you a form to have them mailed to you or you can come here at 10:30 on the 30th. We WILL NOT be doing a list this year, both because of the size of the offer and because of the mail in option.

SKIN CARE

Remember when everyone wore tanning lotion and oils to prevent sunburn and get tanned? Today we know that brown skin is an injury response to damaged skin. No wonder there are so many cases of skin cancer. Egad!

Our friend Kira from Interim Health Care returns to town and will be here at Harper on Thursday afternoon, July 12 to talk about skin care. Yeah, how timely is this eh? Here we enter the hottest time, brightest, sunniest, beachiest of the year and someone from a health care agency comes along to talk about those strategies which may very well save a life. There are all sorts of things you can do to avoid sun burn, and then again there are all sorts of issues revolving around skin care which are not related to the sun. She'll be here to talk about it, and yes there will be goodies. What did you expect?



WOUND CARE

Kathy Vareschi, our van operator, tells me that there has been a significant increase in the numbers of people riding the van to the North Adams Regional Hospital to spend some time in their wound clinic lately.

A wound clinic? It's a place where the wonders of modern medicine are applied to grievous bodily injuries like difficult to resolve-chronic wounds, you know, for instance those sores that won't go away? Or other hard to treat injuries, including those related to diabetic care? That's the kind of medicine they practice there, and in the couple of years since the clinic opened, they have managed to literally save limbs and heal some nasty holes in people. I have seen pictures of before and after care.

How do they do it? Well, for one they use something called a hyperbaric oxygen chamber, which works, I think, by causing oxygen enriched blood to circulate in hard to reach areas like toes. I don't know the exact mechanism for this but our guest speaker, Kelly Morse, the clinic director does, and she'll be here at 12:30 on July 17 to discuss this marvelous program, and I bet, when you leave, you'll be able to think of at least one person who could use this fabulous local resource. Pizza first, we haven't done pizza in awhile, at noon. If you're here at Harper, you know where the sign up is, otherwise call us at 458-8250 and tell us whether you want cheese, pepperoni or sausage.



JULY "OTHER" EVENTS OF NOTE

On July 18th, Dolly Kurletti from Kimball Farms Assisted living in Lenox -she was here a couple months ago and brought gourmet sandwiches-did a program on Alzheimer's with her nurse...remember?- has invited participants from here on a day trip to Lenox to tour Kimball Farms and have lunch there. They'll be sending a van, actually LARGE van, to bring folks down and back. The van will be here leaving Harper at 10:30 to travel down and will be returning about 3:00 that afternoon. Their van holds 22 people so there is room for a lot of tourists, there is a sign up in the main hall or you can call us at 458-8250 to reserve a space.

Williamstown Commons is hosting their annual senior community picnic at their place on Adams Road Thursday, July 26, 11:30 to 2:00. They'll have lots of food, as usual, and good entertainment, and we'll be able to catch up with friends who live there now. They'd appreciate a sign up and we're happy to help-it's on the table with all the others.



JULY THIRD...

This will be a "day before the Fourth" cookout, a small gathering of folks here at Harper for lunch and that's all. We'll be grilling dogs and chicken patties on our new grill and serving them with a couple of salads, definitely one green and another maybe macaroni or potato. Either or, and of course chips and beverages.

You're probably wondering why there isn't a speaker or something on this date. It's hard to schedule people to come and do things when you don't know whether or not the space will be available and we have to do it at least a month ahead...now, as this is written in late June, we know the space is available so let's party!

It may be the last chance to see the old Harper before the facelift!



WILLIAMSTOWN COUNCIL ON AGING

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Our foot caretaker, Serena Merrill, will be in the house on Tuesday July 17 to work on your feet, clipping nails, reducing calluses and massaging the soreness out. She has added an 8:30 slot to her monthly visits so we have a newly created opening for anyone who is interested— and wonder of wonders she actually has a couple openings in July...Hint; July will fill up so get moving! August? That's almost filled too.

For those of you who have found yourselves to be challenged by the very technical stuff which comprises our health care insurance paperwork, our health care insurance guru, SHINE Counselor Peg Jenks, will be in the house on Wednesday July 18 at 10:30 to help. Appointments are not necessary but appreciated; Peg is also available for individual consultation outside of normal hours by contacting us in the COA office at 458-8250.

The monthly Blood Pressure Clinic, sponsored by our friends from Sweetbrook, will take place on Tuesday July 10, at noon immediately preceding the Friendship Club meeting. "Our" nurse, Sue, may very well bring those warm, sweet, raspberry filled cookies as treats for those who get checked...no checkie, no cookie! Anyway, these are important numbers to know so mark this date. And yes folks, the clinic will go ahead, construction or no...

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday July 27th. Brown Bag is literally a brown paper sack filled with shelf stable foods and fresh fruits and veggies in season. Interested? Contact us here at Harper at 458-8250, and we'll help you thru the minimal application process. And please people, if you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can't accommodate a lot of food needing to be kept cold!

Well folks, I'm really surprised that no one, absolutely no one noticed that we called last month's newsletter the "June 2013" version. How about that? Seems to me that we could make a game out of this, we deliberately err in the creation of the rag, you know, something obvious, not a honest proofreading error like substituting Brain for Brian and then someone who spots it wins a prize. It would make you pay careful attention to what we write in the newsletter eh? OK, we'll be asking about this idea and we'll publish the results in the September newsletter.

We'll be doing a couple more ice cream social dates in July, maybe out on the new gazebos they're adding here at Proprietors field, but maybe not. Got to think about the melting part...anyway, we'll post the dates, for later in the month when we have the construction schedule thing figured out!